

# SPIRIT TIMES

Whiteman Air Force Base, Mo.

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Volume 43

# AF meets 2005 enlisted, OTS recruiting goal

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force exceeded its fiscal 2005 enlisted recruiting goal by sending 19,222 men and women to basic military training.

And while the service had success recruiting for Officer Training School, it fell short in recruiting in some medical fields.

"This was a challenging year for Air Force recruiting," said Brig. Gen. Dutch Remkes, Air Force Recruiting Service commander.

"We had to scale back enlisted accessions recruiting in order to meet the Air Force's manning needs, yet we remained successful at recruiting a diverse, high-quality force representing the best our country has to offer." he said.

Recruiting service began the fiscal year with a reduced recruiting goal of 24,465 — part of Air Force's force-shaping measures to meet the congressionally mandated end strength of 359,700 Airmen. End strength is the limit set by Congress on the number of people the military can have on active duty.

The recruiting goal was cut again, in January 2005, to 18,900 new recruits.

Recruiting service was successful in recruiting line officers and chaplains. It recruited 727 line officers against a goal of 720, and 35 chaplains against a goal of 31.

Line officers include pilots, navigators and other officers in technical and non-technical fields who attend Officer Training School. OTS is one of three commissioning sources. The other two include Air Force ROTC and the U.S. Air Force Academy.

The service continues to struggle in finding enough physicians, dentists and nurses to meet its health professions requirements. The Air Force recruited 753 health professionals against a requirement of 1,123.

General Remkes emphasized that America's Air Force needs hundreds of physicians, dentists, nurses and pharmacists. It also needs people qualified for special operations, such as pararescue and combat control.

The enlisted accessions goal for fiscal 2006 is 30,750 new recruits. The goal for line officer recruiting is 485, representing a reduction from fiscal 2005 due to continued forceshaping measures.

(Courtesy of Air Education and Training Command News Service)

### **Early to rise**



Photo by Airman 1st Class Lauren Padden

Aircraft maintainer Tommy Royer, 509th Maintenance Group, washes the canopy of a T-38 Talon at dawn. Mr. Royer is contracted by DYNCORP. B-2 pilots fly T-38s maintain the flying hours necessary to meet their requirements.

# **Board finds overage in officers**

By Master Sgt. Mitch Gettle
Air Force Print News

**WASHINGTON** — A force shaping board will convene in 2006 and continue to meet annually to properly shape the officer corps to meet emerging Air Force needs.

Instituted by the Air Force, the board will be a regular aspect of force management and development in the future.

Authorized by the Secretary of the Air Force, the board convenes at the Air Force Personnel Center at Randolph Air Force Base in April.

Force shaping efforts started in 2004 and evolved in an effort to meet congressionally mandated fiscal year end strength requirements and maintain a balanced force.

"The force shaping board is another aspect of our force management and development," said Brig. Gen. Glenn F. Spears, Air Force director of force management policy. "We must have a balanced force of officers and enlisted Airmen to meet the missions of today and tomorrow."

The Air Force began fiscal year 2006 with a force imbalance. It was under strength by approximately 6,000 enlisted and over strength by approximately 3,000 officers.

### **Force shaping facts**

■ In an effort to shape the force for the future, Air Force officials have approved an annual board that will evaluate officers for continued service at their three-year point as part of the service's force management program.

■ The first Force Shaping Board is scheduled to convene in April 2006 at the Air Force Personnel Center Randolph Air Force Base, Tx. The board will evaluate active duty line officers in the 2002 and 2003 accession year groups except those officers who have less than two years current active service or 15 or more years of active service as of Sept. 29, 2006.

A current excess of nearly 4,000 officers — primarily from the 2000 to 2004 commissioning years — make worse the imbalance and has a long-range impact on the effective development of the officer corps and the ability to access sustainable numbers of enlisted Airmen. Despite an aggressive voluntary force shaping campaign, the Air Force has not achieved the balance of officer to enlisted Airmen through existing voluntary means.

Congress recently gave each service secretary increased authority to proactively manage their junior officer corps through

force shaping efforts.

"The Air Force values the service and sacrifice of all Airmen who volunteer to serve, and separating officers is a difficult decision that we do not take lightly," General Spears said. "This first force shaping process will 'select-in' approximately 7,800 line officers commissioned in 2002 and 2003 to continue to serve in our active Air Force."

Eligible officers may continue to apply for voluntary separation until March 1, 2006 using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

"We value the service of all our Airmen," General Spears said. "Voluntary force shaping initiatives, and the force shaping board, are key aspects of our force management and development.

"Our Airmen have many opportunities to serve — in the Air Force Reserve or Air National Guard, as Air Force civilians or in the Army," the general said. "We encourage Airmen in the affected year groups to pursue those opportunities to continue service to our great nation."

### Inside -

'Single' Scoop Q and A with the 509th's new vice commander, Col. Eric Single.

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Gettin' ready Reservists participate in deployment exercise.

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Rebounding
Falcons end losing
streak with
blowout win vs.
New Mexico.

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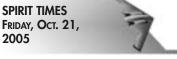


Spooky
Haunted
house set to
re-open in time
for
Halloween.

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## COMMENTARY



# **SPIRIT TIMES**

### **Editorial Staff**

Brig. Gen. Chris Miller-----509th Bomb Wing Comm Maj. Joe DellaVedova.——Chief, Public Affairs
2nd Lt. Candace Cutrufo.—OIC, Internal Information
Staff Sgt. Neo Martin.—NCOIC Internal Information
Senior Airman Joe Lacdan.—Editor
Airman 1st Class Jason Burton.—Staff writer

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The deadline for article submissions to the *Spirit* 

The deadline for article submissions to the *Spirit* The deadline for article submissions to the *Spirit Times* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission does not guarantee publication.

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Whiteman AFB, Mo. 6530

### Air Force Quiz

What s the unrefueled range of a B-2?

(See answer below)

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the responsible base agency. If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

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Air Force quiz answer

### Q and A:

# Getting to know

# The Wing Vice col. Eric Single

(Editor's note: Col. Eric Single is the 509th Bomb Wing vice commander. As second in command, he assists the commander in accomplishing the 509th BW's mission — to prepare and maintain the combat-ready status of the Air Force's only B-2 wing. Colonel Single recently sat down with Staff Sgt. Neo Martin for an interview.)

How long have you been in the Air Force?

I have been in the service for 24 years

Where is your hometown? I was raised just outside Atlanta, Ga. Why did you join the Air Force?

I had a four year ROTC scholarship, and at the two year point I was selected for a pilot training slot.

Was becoming a pilot always a goal?

Nope. Piloting was not always a goal. In fact, I really never thought about flying for a living. I was a chemical engineering major, but, when I was offered the slot, I thought flying sounded like a good way to make a living.

Are you from a military family?

No not at all. My father spent a brief time in the Army Reserve, but I'm the first one to have a military career in my family.

What motivated you to stay in?

Obviously, it's a great way to make living. I really enjoy flying the aircraft and working with the great people in the Air Force

I also really enjoyed the opportunity to instruct pilots in the B-52 and B-2 as well as learn about and employ some of the world's most advanced weapons sys-

### Did you know?

■ Colonel Single received his commission in 1981 through the Air Force Reserve Officer Training Corps program at Auburn University, Ala.

■ Colonel Single attended pilot training at Williams Air Force Base,

Ariz., and graduated in 1983.

In 1991, Colonel Single deployed in support of Operation Desert Storm, flying 26 combat sorties over Iraq and Kuwait.

■ In 1998, Colonel Single took command of the 393rd Bomb Squadron, and flew the first B-2 combat mission of Operation Allied Force.

■ In September he became the 509th Bomb Wing vice commander.

tems. Throughout my career, I have been blessed — I was able to work in operational flying jobs for my first 18 years, and that's very rare.

How has the B-2 changed since you were here in 1998?

The aircraft hasn't changed a whole lot. Some software upgrades and new communication equipment makes flying in the right seat a little more challenging.

It's the B-2's mission that has changed the most. We have added more advanced weapons and other capabilities. Additionally, the 509th is just coming off of a six-month AEF rotation. The longest we deployed when I was here last was a month or two. It's good to see the B-2 used operationally in both the Central Command and Pacific Command theatres.

**How does Team Whiteman fit into** 

global power?

It is a linchpin in global power! The B-2 and our team bring something no one else can to the fight.

For global power, you're looking for the ability to quickly respond to missions anywhere in the world. A longrange bomber can do that and be recallable and very flexible.

The B-2, specifically, is also capable of going anywhere and striking targets no other asset can get to because of our low observable and stealth characteris-

Added to that capability is the huge suite of advanced weaponry we have at our disposal.

We are very well suited for global

strike missions to enhance global power. As the 509th Bomb Wing vice commander what are your goals?

As vice commander my goal is to support the wing commander.

General Miller sets the policies and has a vision of where the wing, weapon system and community need to go.

I'm here to support and help him achieve those goals and visions.

So, the biggest goal I have is to make his job easier.

What was your biggest challenge in the military?

Boy ... that is a tough question. I've had the opportunity to command a lot of units both at home and deployed.

I think the most significant challenge to date came last summer. I was at a Forward Operating Location as a deployed Air Expeditionary Group commander.

See SINGLE, Page 10

# Being thankful: more than good manners

By Maj. Bryce Thorpe

509th Comptroller Squadron Commander

s a dad, I am continually trying to remind my **L** children to say thank you as a simple matter of good manners.

Truth be told, there is a little pride involved. I don't want to be the topic of water

cooler conversation when people start talking about spoiled children. While saying "thank you" is important, it is only an outward expression of something we hopefully feel on the inside. I want my kids to thank their mother for dinner because I hope it causes them to reflect on the fact that dinner doesn't just happen — someone has to buy the food, plan the menu, prepare the meal, and clean up when it's done. Hopefully, that spoken word of thanks translates to a true attitude of thank-

Unfortunately, as is the case with too many things, I often see the faults in others which never seem quite as evident in my own life. I'm trying to change that and I seem to be getting help on a regular basis.

Not too long ago, and it wasn't the first time, I was approached by an

older gentleman in the food court. Now I'm a pretty sociable guy and

soon we struck up a conversation about the military and he shared a number of stories from his time on active duty. When my hour was up (I may have stretched it a little), we went our separate ways.

Before departing however, he shook my hand

"While say-

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and thanked me for my service. Those words of thanks always make me feel pretty good about what we do, but I found it ironic that he should be thanking me. Here is a guy who served at a time when pay was lower, conditions were rougher, and deployments were longer. He may have experienced more deaths in a single day than we've seen in an entire conflict ... and he's thanking me?

That experience humbled me a bit and got me thinking about all I had for which to be thankful; things I sometimes take for granted.

I'm thankful for my lovely bride of 22 years who has been an endless source of hope, inspiration, and encouragement. I'm thankful for my daughter who is creative, funny, tenderhearted — a beautiful young lady with a bright future. I'm thankful for my son who still wakes up loving life, squeals "daddeeee" when I walk in the door, and has an honesty and openness

not marred by cynicism. I'm thankful for a job I love, working with people who continue to make me look better than I deserve. I'm thankful for a dad who taught me the value of military service and the meaning of sacrifice. I'm thankful for a mom who always put others' needs before her own and never seemed hungry when there was only one slice of pie left. I'm thankful for the friends I now have across the country — there aren't many places I can go where I can't mooch a place to lay my head and a free meal.

I'm thankful for a com-

See THORPE, Page 10

### **Newsline**

### **Road Closure scheduled**

The project to repair Houx Drive from Sijan Avenue to Gray Lane is underway.

Drivers are asked to stay off Houx Drive

while work is underway. Oversize construction equipment will reduce space in the safe drive lane.

To ensure safety for all in the construction zone the speed limit will be 5 miles per hour. For more details about this one-week project call Gary Hall at 687-6281.

### **PRP** reinstatements changes

Beginning Nov. 1, the 509th Medical Group will issue Personnel Reliability Program reinstatements only between the hours of 8 a.m.-9 a.m. and 2-3 p.m., Monday-Friday. All non-flying active-duty members who need PRP reinstatements must acquire their reinstatements to the medical group PRP office during these times. Active-duty members on flying status should report to the Flight Medicine Clinic, as usual.

If you have any questions, contact Kathy Robinson, 509th Med Gp PRP manager, at

### Legal assistance available

Both Airmen who are scheduled for a deployment and those who aren't, can stop by the legal office for wills, powers of attorney and other legal documents. The legal office legal assistance hours are 8-10 a.m. Mondays and Tuesdays and 1-3 p.m. Wednesdays and Thursdays. Powers of attorney and notary service is available 7:30 a.m.-4:30 p.m. on weekdays. For more details, call the legal office at 687-6809.

### **Around the Air Force**

### WWII vet's remains going home

WASHINGTON (AFPN) — The remains of three U. S. servicemen, missing in action since 1941, have been identified and are being returned to their families for burial with full military honors.

They are Army Air Forces 2nd Lt. Augustus J. Allen, of Myrtle Springs, Texas; Staff Sgt. James D. Cartwright, of Los Angeles, Calif.; and Cpl. Paul R. Stubbs, of Haverhill, Mass.

In April 1999, a Panamanian man found the aircraft wreckage while hunting in the mountains of Panama Province and reported it to Panamanian Civil Aeronautics. After a PCA search and rescue team visited the site, the wreckage was reported to the Joint Prisoner of War Accounting Command. Command specialists surveyed the area in August 1999 and, in February 2002, excavated the site. They recovered remains and crew-related artifacts.

### **General McNabb takes over AMC**

SCOTT AIR FORCE BASE, III. (AFPN) — Gen. Duncan J. McNabb took command of Air Mobility Command during a ceremony here Oct. 14.

'It has been six years since I left here as commander of the (Tanker Airlift Control Center)," said General McNabb. "And it seems like I've been fighting to get back here ever since I left."

'When I think about this command, I am so honored to be entrusted (as its new commander)," he said. "AMC is truly one of the crown jewels in our national defense.

General T. Michael Moseley, Air Force Chief of staff shared some words.

"(General McNabb), you have the best Air Mobility Command — the most combatexperienced Air Mobility Command — that we've ever had," General Moseley said.

# Air Force tests transparent armor

**Bv Laura Lundin** 

Air Force Research Laboratory Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) —Engineers here are testing a new kind of transparent armor — stronger and lighter than traditional materials — that could stop armor-piercing weapons from penetrating vehicle

The Air Force Research Laboratory's materials and manufacturing directorate is testing aluminum oxynitride — ALONtm — as a replacement for the traditional multi-layered glass transparencies now used in existing ground and air armored vehicles.

The test are being done in conjunction with the Army Research Laboratory at Aberdeen Proving Grounds, Md., and University of Dayton Research Institute, Ohio.

ALONtm is a ceramic compound with a high compressive strength and durability. When polished, it is the premier transparent armor for use in armored vehicles, said. 1st Lt. Joseph La Monica, transparent armor sub-direction lead

"The substance itself is light years ahead of glass," he said, adding that it offers "higher performance and lighter weight."

Traditional transparent armor is thick layers of bonded glass. The new armor combines the transparent ALONtm piece as a strike plate, a middle section of glass and a polymer backing. Each layer is visibly thinner than the traditional layers.

ALONtm is virtually scratch resistant, offers substantial impact resistance, and provides better durability and protection against armor piercing threats, at roughly half the weight and half the thickness of traditional glass transparent armor, said the lieutenant.

In a June 2004 demonstration, an ALONtm test pieces held up to both a .30 caliber Russian M-44 sniper rifle and a .50 caliber Browning Sniper Rifle with armor piercing bullets. While the bullets pierced the glass samples, the armor withstood the impact with no penetration.

In extensive testing, ALONtm has performed well against multiple hits of .30 caliber armor piercing rounds — typical of anti-aircraft fire,

See ARMOR, Page 8

### **Water Wars**

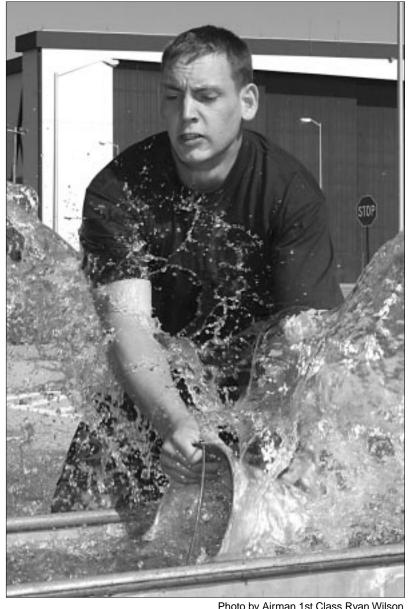


Photo by Airman 1st Class Ryan Wilson

Airman 1st Class Brian Patterson, 509th Civil Engineer Squadron Fire Department, dips his bucket into a tub of water while racing the clock during the "bucket brigade" event at the fire muster competition. For competition results, see Page 7.

# Raptor nets milestone

### Two-week TDY a first for F/A-22

By 1st Lt. Elizabeth Kreft 1st Fighter Wing Public Affairs

LANGLEY AIR FORCE BASE, Va. (AFPN) — The Raptors are leaving the nest for their first deployment.

Nearly 170 Airmen left here Oct. 15 on a two-week deployment to Hill Air Force Base, Utah. This may sound like a run-of-the-mill temporary duty assignment. But for the Langley Airmen, it is far from a typical out-of-town operation.

It is the maiden deployment for the new F/A-22 aircraft.

Airmen from the 27th Fighter Squadron and other base units went to Hill with two significant goals on their to-do list: complete the first Raptor deployment and generate a combat-effective sortie

rate away from home.
"We are eager to take this airplane on the road and prac-



Photo by Staff Sgt. Samuel Rogers

HILL AIR FORCE BASE, Utah — Staff Sgts. John Barr (left) and James Gainville (cockpit), do a preflight inspection on an F/A-22 Raptor here. The 27th Fighter Squadron dedicated crew chiefs, from Langley Air Force Base, Va., did the check Oct. 16. The unit deployed here to put the first operational F/A-22 Raptor squadron through the paces in a deployment environment, including live bomb training.

tice our overall abilities with it," said Lt. Col. Jim Hecker, the squadron commander. "It's an important training opportunity for our Raptor team, but it's also an event steeped in historic value."

The trip provides practice demonstrating competence and ability to deploy to a foreign location. Though Salt Lake City clearly is not as unfamiliar as an overseas desert, it still provides an appropriate training ground for both maintainers and pilots.

This will be our opportunity to validate sortie generation and hone our capabilities as a war-ready squadron," said Capt. James Jernigan, 27th Aircraft Maintenance Unit chief.

The deployment also marks the first time an air-to-ground mission returns to the 1st Fighter Wing since the late

"World War II was the last time any planes or pilots from Langley bombed anything in a wartime scenario," said Tech. Sgt. John Deshetler, wing historian. "During training attack missions in the 1970s, pilots here practiced dropping bombs, but it never developed into a wartime mission.'

At a predeployment briefing, the squadron project officer offered a quick reality check for some of the team who might be nervous about accomplishing the task at hand.

# VA finding jobs for Iraq, Afghanistan vets

### Officials hope program decreases unemployment

**By Rudi Williams** 

American Forces Press Service

WASHINGTON (AFPN) — For young men and women fighting the war on terrorism, coming home in good health is a major goal.

But coming home to a good job also is a primary concern, Department of Veterans Affairs Secretary R. James Nicholson said during a news conference Oct. 13. He announced a VA jobs program for transitioning servicemembers.

"Fulfilling the Commitment — Coming Home to Work" focuses on ensuring that servicemembers reentering civilian life, particularly service-connected disabled veterans from Iraq and Afghanistan, have access to a full range of resources to obtain and retain suitable employment, VA officials

The initiative will help efforts of federal, state and private-sector entities to address concerns over the high rate of unemployment among recently separated servicemembers, particularly ages 20 through 24, officials said.

Mr. Nicholson said 250,000 servicemembers leave active duty annually.

"And we help them through ... a wide array of programs, not least of which is our vocational and employment counseling service," he said.

"But so far, we've seen about 100,000 of them that have come back from the theater in our health system, and we are sparing no effort there, of course, in providing the state-of-the-art health services that they need and that they deserve and that we provide," Mr. Nicholson said.

VA is working closely with other government partners and private organizations to stem the "alarming unemployment rate among this young cohort of returned veterans," the secretary said.

Unemployment among veterans is about 15 percent, "or roughly three times what it is overall in our economy, which is just unacceptable," Mr. Nicholson said.

VA statistics show that in the first quarter of 2005, the monthly average of unemployed veterans ages 20 to 24 was 43,000,

up significantly from the 2004 monthly average of 33,000. Officials said that's partly because most troops seriously injured in Iraq and Afghanistan are in the early stages of their military careers and possess limited transferable job skills or very little civilian work experience.

Unless something is done to better prepare these separating servicemembers for careers outside the military, the rate of unemployment for them will continue to rise, officials said.

These people that have gone off to protect our way of life need to know that there's an opportunity for work for them when they come home," Mr. Nicholson said. "It's also, of course, particularly acutely needed for those who are severely injured, resulting in having a handicap of some permanent nature when they come back. And they are among the priority of those that we're concerned about.

The secretary said the VA wants to make it easier for returning servicemembers to identify their own vocations to enhance their talent to find their calling.

"We're not here talking about a handout; we're talking about a helping hand," he

TOYOTA

### Did you know?

- About 250,000 servicemembers leave active-duty annually.
- In the first quarter of 2005, the monthly average of unemployed veterans ages 20-24 was 43,000, up from the 2004 monthly average of 33,000.

emphasized.

The program focuses on servicemembers returning from Iraq and Afghanistan, but Mr. Nicholson pointed out the initiative is for all the 200,000 annually who take off uniforms and seek to enter the nation's work force.

Veterans make good employees because "they've been through the regimen of basic training and specialty training," he said.
"They know what it's like to salute

somebody every morning, to take orders. They've subjected themselves to that," he "They've subjected themselves to the rigor and the fear of going into a combat zone."

The secretary, a decorated combat veteran, said some servicemembers have come out wounded, but they have honorable dis-

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# Safety tips for Halloween

509th Security Forces

Halloween is an exciting time of the year and a particularly special treat for children. However, Halloween can be stressful, as some people may play mean tricks and provide tainted treats.

For this reason, parents and children should be alert to unnecessary hazards because concerns about child safety can ruin the joy of Halloween.

The following crime prevention tips can help make Halloween safe and more enjoyable for everyone:

■ Do not leave homes unattended.

■ Keep pets indoors or in another safe

■ Walk through neighborhoods with others to discourage acts of malicious mischief and speeding motorists.

■ Set a specific time limit for your children to be out.

■ Don't let children eat any candy until it has been inspected.

■ Instruct children to never enter the home of a stranger.

■ Never invite children inside a house.

■ Instruct children not to stray from the

■ Do no allow children to go out alone.

■ Tell children not to accept rides from

■ Turn a porch light on to let children know its alright to visit.

■ Ensure children wear light color clothing along with something reflective and provide them with a working flashlight.

Halloween is a time for ghosts and goblins and fun with friends. Almost everybody is nice, but sometimes a few people play mean tricks on children at Halloween.

By following the above tips, and with proper planning, your family will have a great time on Halloween.

For more information, call Mr. Jerry Osban at the Resource Protection/Crime Prevention Office at 687-4482.

### **Halloween events**

The following is a list of several ways to enjoy the Halloween season at Whiteman:

Wednesday - Oct. 29-The House of Nightmares 6:30-10 p.m. For more information for this event turn to Page 18.

Oct. 28-Fright Fest 7 p.m.midnight at Royal Oaks Golf Course.

Oct. 29—The Boo Bash 5:30-7:30 p.m. at the community center.

-Harvest Festival 3:30-7 p.m. in the Chapel annex. Oct. 31—Trick or Treating 6-8 p.m. in base housing.

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Photo by Airman 1st Class Ryan Wilson

### 'Combined' Effort

Winners for the 2005 Combined Federal Campaign run were announced. From left: Airman 1st Class Haida Boyd (females, first place, 22 minutes, 14 seconds) Capt. Todd Moenster (males, first place 18:11), 1st. Lt. Michael Horenziak males, second place 19:06), 2nd Lt. Meghan Liemburg-Archer (females, second place 23:57), Airman 1st Class John Tremblay (males, third place,19:57), Keri Morgia (females, third place 24:36). More than 80 runners participated in the event, which raised \$590. Proceeds will be donated to various undesignated charitable organizations. In addition over \$200 in raffle prizes were given away to several lucky participants due to the generous contributions of Whiteman's Chiefs, the Army and Air Force Exchange Service and Whiteman's Tier 2.

**■ A**irmen **A**gainst Drunk **D**riving For a ride call

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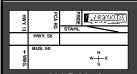
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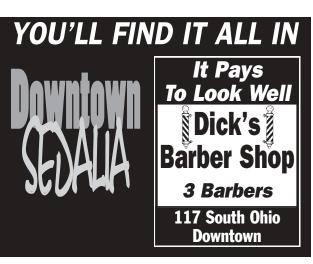


### Water, water everywhere

The 509th Civil Engineer Squadron Fire Department B-Shift (left) tries to stop 509 CES Fire Department A-Shift from advancing on the water barrel fight during a fire muster competition

Saturday. Eight teams from Whiteman and from local communities competed against each other in five events during the fire muster held in the entry control point two parking lot.

Fire muster competition results					
Overall Standings	Bucket brigade	Confidence course	Water barrel fight	Hose extension	Boot race
1st—Tipton Fire Department	1st	6th	3rd	2nd	4th
2nd—Odessa	6th	5th	1st	6th	1st
2nd—509th CES A-Shift	3rd	1st	2nd	4th	8th
4th—Knob Noster Fire Department	7th	4th	4th	3rd	2nd
5th—509th CES B-Shift	2nd	2nd	8th	1st	7th
6th—509th Communications Squadron	4th	3rd	6th	7th	6th
7th—Lamont Fire Department	8th	8th	5th	5th	5th
8th—509th CES Lieutenants	5th	7th	7th	8th	3rd





### **ARMOR, from Page 3-**

Lieutenant La Monica said. Tests focusing on multiple hits from .50 caliber rounds and improvised explosive devices are in the works.

The lieutenant is optimistic about the results because the physical properties and design of the material are intended to stop higher level threats.

intended to stop higher level threats.

"The higher the threat, the more savings you're going to get," he said.

"With glass, to get the protection against higher threats, you have to keep building layers upon layers. But with ALONtm, the material only needs to be increased a few millimeters."

This ability to add the needed protection with only a small amount of material is very advantageous, said Ron Hoffman, an investigator at Uni-

versity of Dayton Research Institute.

"When looking at higher level threats, you want the protection, not the weight," Mr. Hoffman said. "Achieving protection at lighter weights will allow the armor to be more easily integrated into vehicles."

"Eventually, with a conventional glass surface, degradation takes place and results in a loss of transparency," Mr. Hoffman said. "Things such as sand have little or no impact on ALONtm, and it probably has a life expectancy many times that of glass."

The scratch-resistant quality will greatly increase the transparency of the armor, giving military members more visual awareness on the battlefield.

The Army is looking to use the new armor as windows in ground

vehicles, like the Humvee, Lieutenant La Monica said. The Air Force is exploring its use for "in-flight protective transparencies for low, slow-flying aircraft. These include the C-130 Hercules, C-17 Globemaster III, A-10 Thunderbolt II and helicopters.

While some see the possibilities of this material as limitless, manufacturability, size and cost are issues the lab is dealing with before the armor can transition to the field, the lieutenant said.

"Traditional transparent armor costs a little over \$3 per square inch. The ALONtm Transparent Armor cost is \$10 to \$15 per square inch," Lieutenant La Monica said. "The difficulties arise with heating and polishing processes, which lead to higher costs."

# **Snow Season Almost Here**

As the snow season fast approaches, the 509th Civil Engineer Squadron Snow Team is poised for Missouri's diverse and hazardous weather patterns.

Our snow team consists of 48 personnel divided into two shifts, working day and night to keep the wing's mission up and running without missing a beat.

In order for snow removal operations to run smoothly the Civil Engineers request your assistance in the following areas:

- When bad weather is imminent and confirmed by base weather, base housing residents should park all vehicles on their driveway or in the garage. Please prearrange to have your vehicle parked off the street if you will be gone any time during the winter. This will keep streets free of obstructions for snow removal equipment and emergency response teams. Do not park vehicles on seeded or grassy areas.
- Boats and recreational or non-operational vehicles need to be stored in appropriate areas, not on the street.
- Vehicles obstructing snow removal operations may be ticketed by base law enforcement and if necessary, may be towed at the owner's expense. While this may seem a bit harsh or inconvenient to some, everyone's help will ensure a safer and more efficient snow removal process while protecting personal property from possible damage.
- Other considerations during the upcoming winter season should be:

When clearing sidewalks and driveways, avoid shoveling or blowing snow on the streets.

- Building custodians and facility managers should make sure they have the proper tools and materials on-hand to remove snow and ice from the immediate work areas. The Civil Engineering self-help store has chemicals available to building custodians to prevent ice build-up and to melt ice off sidewalks and driveways.
- The military family housing self-help store also has chemicals available to prevent ice build-up and to melt ice off sidewalks and stairways.
- Drivers and pedestrians should stay a safe distance away from the snow and ice removal equipment. Remaining 50 feet away from a sanding vehicle will help avoid the risk of any possible vehicle damage. Joggers should avoid running in streets during snow and ice storms as these vehicles have limited visibility and take longer to stop and turn especially when the streets are icy.
- Please make sure children do not play, sled or build snow forts near roads and driveways during heavy snow falls. Equipment operators have limited vision and have a reduced ability to stop when pushing snow. Housing yards and playgrounds are perfect for this type of play.

For more details, call Master Sergeants Edward Lukitsch or David Beasley of 509th CES Heavy Repair section at 687-2231.

### **Fast Facts**

It is never to early to gather supplies for a winter car kit. Here are a few important items for a winter driving emergency:

- Flashlights with extra batteries.
- First aid kit with a pocket knife.
- Any necessary medications.
- Several blankets and sleeping bags.
- Plastic bags (for sanitation).
- Matches.
- xtra set of mittens, socks and a wool cap.
- Rain gear and extra clothes.
- Small sack of sand for generating traction under wheels.
- Small shovel.
- Tool box
- **■** Booster/jumper cables.
- Set of tire chains or traction mats.
- Brightly colored cloth to use as a flag.
- Canned fruit and nuts.
- Nonelectric can opener.
- Bottled water. (Courtesy of www.fema.gov)



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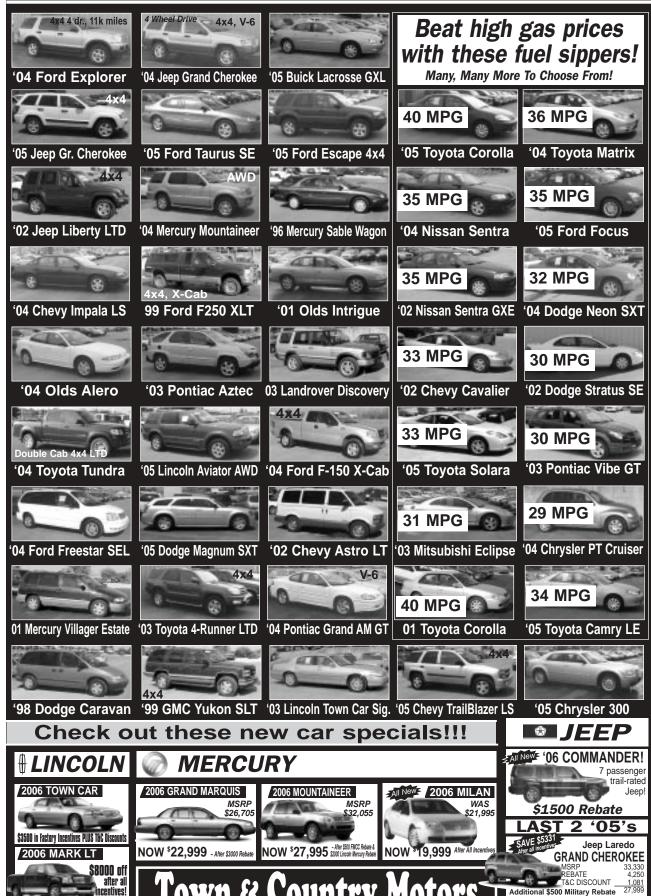
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### **Force shaping**

The objective of the FSB is to shape the future force by retaining the officers the Air Force needs to develop as its future leaders. The board will make its determination based on the information contained in the officers' central selection record and a Retention Recommendation Form.

Central Selection Record Content

- Officer selection brief
- Officer performance reports
- Decorations
- Letters of evaluation: Permanent change of station students (such as those at intelligence school or attending the Air Force Institute of Technology) will not have an RRF completed on them. Instead, their host wing commander will complete a letter of evaluation outlining the officer's training program and performance
- Letter to the board Board eligible officers are authorized to submit a letter to the board to provide additional information relevant to the board decision process that is not

included in any other documents in the central selection record.

■ Retention Recommendation Form: The first O-6 or GS-15 in the officer's chain of command will write a nine-line narrative and make a recommendation. The senior rater will review the form and either concur or non-concur with the initial reviewer's recommendation. The senior rater will also provide a mandatory ranking on all officers in their unit by accession year group and Air Force Specialty Code.

A general officer is scheduled to visit nearly every base to further explain the FSB process and how it fits into the service's overall force management program. Likewise, they will ensure Airmen are aware of the current voluntary separation initiatives.

Air Force leaders had hoped to reduce the line officer corps through a robust voluntary Force Shaping Program. The program continues to offer interested officers the following separation options, which may also include a waiver for recouping education costs:

Voluntary Separation Programs

- Limited Active Duty Service Commitment waivers: This program allows individuals to separate before the expiration of certain Active Duty Service Commitments.
  - Air Force Reserve Palace Chase
- Air National Guard Palace Chase

■ Army Blue to Green

Opportunities also exist for Airmen to continue to serve their country through federal civilian employment.

These voluntary initiatives close to FSB eligible officers on March 1, 2006 as AFPC will no longer accept separation applications from these officers. For more information about the Force Shaping Board and volunteer separation opportunities, visit the AFPC Force Shaping Website at www.afpc.randolph.af.mil/retsep/shape.htm or call the Air Force Personnel Contact Center at (800) 616-3775.

# SINGLE, from Page 2

I've been in the operational side for a long time and have a lot of experience with that aspect of air power. However, as an operator, we sometimes don't get to see everything that goes on in the support organizations to help us accomplish our mission.

In this case, the whole deployed organization fell under my command — the support troops, the maintenance troops, and the operators of a couple of different airframes. Being in charge of the whole organization made me better appreciate the amount of work that goes on behind the scenes to enable the flying mission.

What helped you overcome the challenges?

The great people I worked with.
When I was called upon to make a
decision outside my area of expertise,
I had the expert advice of the professionals working in those functional
areas to help me gather the data and
make the best decision I could.

What advice would you give to other supervisors to overcome

In September, one Airman received

An airman first class from the

punishment under Article 15, UCMJ.

**Article 15** 

509th Communications Squadron

received an Article 15 for underage

drinking. The punishment was a suspended reduction to airman, forfeiture

of \$50 pay per month for two months,

### adversity and challenges?

I'd say — Trust your people, and let them do their jobs. I've seen commanders and supervisors in the past who were very overbearing and wanted to be part of everything.

That command style really doesn't let the people under you grow. Trust your people to do their job, 99 percent of the time they know more about it than you do, so let them run with it. They will step up to the challenge, whatever it is, and deliver impressive results.

Be there to support them, but try to stay out of the way to let them accomplish what they have been trained to do.

What is one thing you know now that you wish you knew long ago?

I've learned not to make a decision quickly if you don't have to.

You can really help yourself by gathering all the information you can about the subject, talking to your experts, and coming to an informed decision rather than an "I think it oughta be done this way" decision.

We have an incredible depth of resources. Almost any decision you have to make as a supervisor, at any level, has been made before. There is a lot of information at your disposal, if you take a little time to look for it. Don't reinvent the wheel every time a decision comes up. See what people have done in the past, talk to your experts, and some great ideas will present themselves.

How does it feel to be back at Whiteman?

Wonderful ... my family and I really enjoy it here. We were here almost six years first time. We love the people, the area, the airplane and the mission.

We've found a lot of familiar faces, some who never left and some who have left and returned.

The team is intact.

The B-2 community is a small community, a tight-knit community with a vital job.

It's good to be back.

— Štaff Sgt. Neo Martin, Public Affairs

### **Court Report**

18 days extra duty and a reprimand.

### **Discharges**

In September, two Whiteman members were administratively discharged from service.

An airman from the 509th Logistics Readiness Squadron received a general discharge for a pattern of misconduct. The misconduct included failure to maintain government quarters, wrongfully appropriating money from another airman, operating a vehicle in a reckless manner with a suspended license, failure to pay government travel card, property damage and animal abuse.

An airman basic from the 509th Security Forces Squadron received a general discharge for wrongfully using marijuana.

# THORPE, from Page 2

fortable home where I can gain sanctuary after a busy, but fulfilling, day. I'm thankful for good health which allows me to complete the AF fitness test without a great deal of pain (though my knees and ankles would like me to drop a few pounds).

I'm thankful for a faith which provides hope, perseverance, and mercy despite my many shortcomings. I'm thankful for a country where we have the unalienable right to pursue happiness and that that happiness comes in as many different avenues as there are people to pursue them. I'm thankful for this country's diversity.

I can only imagine how boring our world would be if we were all type "A"s and how exhaustive it would be if none of us were. I'm thankful for the many opportunities God has given me, especially during my Air Force career. I could go on but I think you get the idea.

You know, I think that guy at the food court knew a little something about life. As we give voice to our many reasons to be thankful, a change in attitude and perspective will naturally follow. Take some time to reflect and give thanks; then share your thanks with those who have touched your life. After all, it not just good manners.



Photo by Master Sgt. James Bowman

Secretary of Defense Donald H. Rumsfeld meets with Airmen after his town hall meeting in the Davis Conference Center here. The secretary was at the base Oct. 11 to visit servicemembers and the staff at U.S. Central Command and U.S. Special Operations Command.

# **SECDEF lauds Airmen for GWOT contributions**

**By Staff Sgt. Robin Drake** 6th Air Mobility Wing Public Affairs

MACDILL AIR FORCE BASE, Fla. (AFPN)

— Defense Secretary Donald H. Rumsfeld thanked Airmen here Oct. 11 for their involvement in the global war on terrorism and humanitarian efforts at home and abroad.

"We fight today so that our children and their children might not have to experience the heartbreak of something like Sept. 11," he said.

Secretary Rumsfeld also said, "the men and women in uniform, you and your associates all across the globe, are displaying resolute courage, behind the courage that defined our country through the generations.

"I am deeply grateful to you," he said.

The secretary said the world has experienced some terrible natural disasters recently: the Gulf of Mexico hurricanes, Guatemala mudslides and Pakistan earthquake.

He praised Army Gen. John Abizaid, commander of U.S. Central Command, and his team for working "day in and day out" to do everything humanly possible to assist those who suffered through the recent Pakistani earthquakes.

"These disasters caused a great deal of harm, a lot of death and dislocation. But they've also shown the truly heart-felt compassion and professionalism of the men and women in the United States military," Secretary Rumsfeld said.

Then the secretary focused on the global war on terrorism, and said a global coalition is putting great pressure on the enemy across the globe.

Coalition forces are staying on the attack and keeping the terrorists on the run. And he said there still seems to be confusion and misunderstanding in certain circles about America and the nature of the global war on terrorism.

"Many of you have undoubtedly heard questions asked about why are our forces are fighting this war in Afghanistan and in Iraq. You can tell those that ask that you and your friends across the globe are standing on the front lines to protect them and to safeguard their freedom, as well as your own," he said.

Mr. Rumsfeld said America is not what's wrong with this world.

"What's wrong with this world are the terrorists, the beheaders, the hostage takers and the assassins," he said.

The goal of the global war on terrorism is victory — unconditional, unapologetic and unyielding, he said



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# Air Force resumes Deep Freeze mission in Antarctica

By Tech. Sgt. Rusty Barfield Air Force Print News

HICKAM AIR FORCE BASE, Hawaii — One of the most difficult Air Force missions — Operation Deep Freeze is about to resume.

Deep Freeze is the Air Force's resupply mission for the National Science Foundation and U.S. Antarctica operations. Aircrews from the 109th Airlift Wing, New York Air National Guard stopped at here on their way to New Zealand.

Pacific Air Forces' Kenny Headquarters has primary responsibility for the execution and logistical support for the Antarctica mission.

The LC-130 aircraft flying the mission look just like most C-130 except for the custom fit skis around the landing gear. They can operate in the coldest climate on Earth. LC-130 pilot Lt. Col. Mark Sakadolsky said the mission is like no

"The LC-130 has the skis; we are the only unit in the world that's got them. We can fly into open snow areas, unimproved areas and ski-ways," he said. "It's a higher level of difficulty — crosswinds are a concern along with the weather systems in Antarctica.

Operation Deep freeze entails a new dimension of logistics.

'There is a lot of well thought out, well coordinated processes they have been doing for a lot of years. It is a great opportunity to support the National Science Foundation and it will be a very successful year." said Col Mark Tapper, Air Force Forces Commander for Operation Deep Freeze.

Flights supporting the operation — which stage from Christchurch, New Zealand — fly into McMurdo Station, the center of Antarctica operations. Plus, the LC-130s transport people and cargo within Antarctica, said navigator Lt. Col.

Shawn Clothier. He said it is a passenger and cargo service the military has been a part of since 1955.

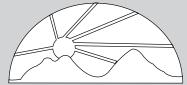
"We will bring some people in that will swap out," he said. "They will be there about a week or so. We will then pull the people out that have wintered over there since the end of February."

The National Science Foundation fosters research on global and regional problems and supports research projects unique to Antarctica. The New York Guard's LC-130's ensure the scientist near the South Pole have the people and supplies they need to do research and study the planets harshest environment.

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Knob Noster Board of Aldermen–1st & 3rd Tues, each month - Basement of City Hall Knob Noster School Board-2nd Wed. each month - School District Superintendent's Office

Whiteman Area Piecemakers Quilt Guild-3rd Thurs. each month 7 p.m. - Methodist Church AMVETS-Membership Night Supper 3rd Sat. each month 7-8 p.m. - AMVETS Building VFW-1st Fri. each month 7 p.m. - VFW Building

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# Air Force back on winning track

### Carney's 4 TDs helps end four-game skid

By Wayne Amann

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — Air Force football players, like many athletes, are creatures of habit. So the prospect of playing an early-morning game against the University of Nevada Las Vegas wasn't exactly greeted with high-fives.

But judging by their 42-7 route of the Rebels Oct. 15, the Falcons may want to reset their biological clocks.

Fueled by quarterback Shaun Carney's career-high four touchdown runs and a tenacious defense that held UNLV a paltry 2 yards rushing, Air Force dominated the Rebels before a Falcon Stadium crowd of

The win snapped a four-game Air Force losing skid. With four games left in the regular season, the win rekindled post-season bowl talk -- if the Falcons (3-4 overall, and 2-3 in the Mountain West Conference) can sweep their remaining games.

For the Falcon players, their day began at 6 a.m. When it was time for head coach Fisher DeBerry's game day motivational speech,

he blew the whistle on his team – literally.
"I jumped up, blew my whistle, blew it loud a bunch of times and said 'wake up, wake up, by gosh it's time to go to work," the coach said. "We hoped we could jump on (UNLV) pretty quick, and maybe they might not wake up because they're an hour behind



Photo by 2nd Lt. John Ross

Falcon defensive back John Taibi grabs UNLV running back Erick Jackson, as a host of Air Force defenders zero in.

us. I didn't know if they're used to getting up as early as we do.'

After the Falcon defense hung a do not disturb sign on Rebel runners for minus 10 yards in a scoreless first quarter, Carney and company began to rise and shine in the second.

Seventeen seconds into the quarter, the sophomore QB capped a 60-yard, seven-play drive with an 11-yard touchdown run.

On the ensuing kickoff, Air Force's Nate Smith stripped UNLV return man Ronnie Smith of the ball, and Falcon special team captain Mark Carlson recovered at the Rebel

Two plays later, Carney muffed a handoff to reserve fullback Ryan Williams. But he recovered his own fumble, reversed directions and scampered into the end zone from 8 yards out, giving Air Force its second touchdowns in 47 seconds.

"I've never been yelled at so much for scoring a touchdown," Carney said. "I expected to get hit. It was just a bad exchange. Ryan and I practiced all week but didn't have it today. When I picked it up and looked around the only jerseys I saw were back) Chad Hall throwing blocks. So it worked out."

UNLV (2-5 overall and 1-3 in the conference) averted a shutout with some deception. Quarterback Jarrod Jackson threw a lateral to wide receiver Tremayne Kirkland, who found fellow wide out Casey Flair behind the Fal-

con secondary for a 58-yard touchdown

pass.
"That was a well more executed play, more power to them," . DeBerry said. "That's the only way they could have scored because our

take on Texas Christian University (6-1) at home Saturday at 2 p.m.

**Up next** 

■ The Falcons next

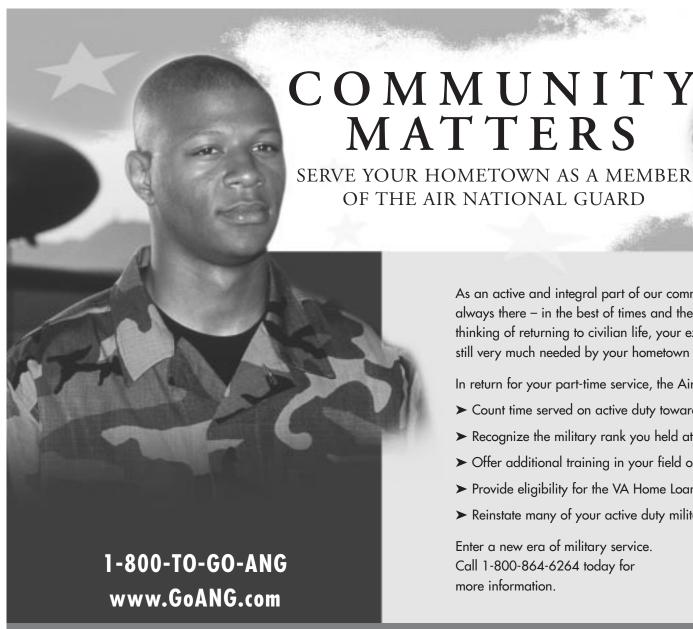
defense was never in any real trouble with their basic offense."

The Falcon defense had five sacks and two interceptions.

Air Force reserve fullback Scott Peeples teamed with Williams for a combined 111 rushing yards -- including Peeples' first career touchdown, a 20-yard run in the second quarter. The score reestablishing Air Force's 14-point cushion at halftime.

"That might have been the slowest touch-down in Air Force history," Peeples joked about his speed. "I didn't even get touched, which is rare for a fullback. Our offensive line dominated them all day, enabling Ryan and I to run well.'

Carney tacked on another 8-yard touchdown scamper in the third quarter, plus a 4yarder in the fourth quarter before backup halfback Jim Ollis finished the rout with a 5yard touchdown run.



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SUNDAY 9:45AM - Bible Class

10:40AM - Worship 6:00PM - Worship WEDNESDAY 7:30pm - Bible Study

Johnie Scaggs, Jr. ~ Minister

Office (660)826-1762 jjscaggs@sbcglobal.net e Bible Correspondence Cours

### Baptist Church

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Nursery Provided Bible Study - Wednesday 7pm

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59 NE D. Hwy.- Knob Noster Bishop Willie Shields, Jr.

10:00am (Children's Church & Nursery Available)

> 563-4813 charitychristiancenter.org

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Sunday 1st Service 8:30am Sunday 2nd Service 10:30am Sunday School 9:40-10:20am Adult Bible Study Wed., 7pm Youth Group Wed., 7pm

777 NE Highway 23 Pastor Roger Brant **563-3810** 

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**Knob Noster** 

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### Warrensburg Church of Christ 722 S. Maguire (Hwy. 13)

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10:30 am - Worship 6:00 pm - Worship

WEDNESDAY 7:00 pm - Bible Study

"The Churches of Christ salute you!" 660-747-5519



### CROSSROADS

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### **Team Whiteman Community**

### Changes in women's health clinic

The 509th Medical Group's Women's Health Clinic is temporarily without a provider due to a PCS. Contact your primary care manager for any women's health

If you have questions about this temporary absence of the Women's Health Clinic provider, call 1st Lt. Phillip Oliphant, 509th Medical Group Practice Manager, at 687-4288.

### **WOSC** hosts auction

The Whiteman Officers' Spouses' Club is sponsoring an art auction today, at Mission's End. Art previewing starts at 6 p.m. and the auction begins at 7 p.m.

Proceeds benefit scholarships and charitable gifts. Tickets cost \$15 at the door and include hors d'oeuvres and desserts. Dress is duty uniform or civilian casual.

#### **WESC** hosts craft show

The Whiteman Enlisted Spouses' Club is looking for vendors for the fall craft show for Nov. 12.

Booths cost \$25 and space is limited. To register a vendor, or for more details, call Jenette Curtis at 233-3507 or e-mail craftshow2005@yahoo.com.

### **AADD seeks volunteers**

Airmen Against Drunk Driving, a base organization that promotes safety, is looking for volunteers.

AADD is a basewide program that has volunteers on 24/7 telephone standby for any Airman who feels he or she has had too much to drink and needs a ride home.

AADD's goal is to eliminate cases of driving under the influence and driving while intoxicated on Whiteman and in the surrounding community.

If you are interested or would like more information, contact 2nd Lt. Mary Olsen at 687-6121 or e-mail mary.olsen@whiteman.af.mil.

### **Food pantry needs donations**

The Whiteman Food Pantry, located in the Family Support Center, needs donations. Donated items benefit Airmen and their families in need.

Donations can be given anytime by placing food items in the collection bin permanently located in the commissary.

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Weeks of: Oct. 23rd-Nov. 12th Mon. & Wed. - Am. History Since 1877 Tues. & Thurs. - English Comp.

### WINTER SCHEDULE

Weeks of: Nov.30-Dec.21

Mon. & Wed. - Speech

Tues. & Thurs. - Marriage & Family

Weeks of: Jan.2-Jan.21

Mon. & Wed. - Intro to Humanities Tues. & Thurs. - Am. History Since 1877

Weeks of: Jan.23-Feb.11

Mon. & Wed. - English Comp.

Tues. & Thurs. - Intro to Management

Weeks of: Jan.2-Feb.15 Mon. & Wed. - College Algebra

Weeks of: Jan.2-Feb.27 Tues. & Thurs. - Business Statistics

> The University reserves the right to cancel classes or change the schedule. Each student is required to have a text book by the first class. The tuition assistance form must

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be submitted to Janet Miller or Laurena in Student Accounts by the first class. Notify Janet Miller if you are unable to attend or complete the class you have registered for.

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# Need a way to keep busy? Become a volunteer!

Dear Spirit Readers, I will be coming to the Whiteman Inn on Monday, October 24th from 1 pm to 4 pm to register students for upcoming fall & winter classes will be filling quickly. If you have any questions, please call me directly at 816-412-7717, or e-mail: jmiller@ national.edu. I am looking forward to meeting you on the 24th of October.

Sincerely, Janet Miller, Admissions

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"Leatherface" stands ready to make you scream at the second annual "House of Nightmares."

### **Good cause will scare** the 'yell' out of you

By Tech. Sgt. Sam Stoecklin 509th Bomb Wing

When the leaves begin to fall and there's a chill in the air, you know fall has arrived. For many, one of the most anticipated times of the fall season is Halloween and all the accompanying events that surround it such as costume contests, trick-or-treating, pumpkin carving and for many ... visiting haunted house attractions.

Although the Kansas City and surrounding areas are

known for their high-dollar budgeted haunted houses, members of the Whiteman Tier 2 organization have put together a haunt that can save you money and travel time.

Not only is the secondannual "House of Night-mares" conveniently located on base, it has been set up as an event that raises money and collects non-perishable food donations for

### **Fast Facts**

- The House of Nightmares will be open 6:30-10 p.m. Wednesday-Oct. 29 at 836 Marshall St. in base housing.
- For more details, visit www.nightmares.quadra tech.net
- For more Halloween events turn to page 5.

the First Sergeants Group's Operation Warmheart program. This program benefits those who are stationed here during the upcoming holiday seasons.

"The donated food and cash makes a huge difference for the food-drive program and goes to a fantastic cause, stated House of Nightmares Director, Staff Sgt. Brad Calahan, 509th Maintenance Squadron.

Last year the haunt collected over 400 pounds of donated Thanksgiving-themed food and \$600.

This goal can be reached when each patron tells others about their experience, which in turn entices other patrons to come and donate for a good cause and to get their scare fix. We're hoping it will be just like last year where over the days of the haunt operation, the crowds just kept increasing.

This year the haunt director, Sergeant Calahan, has come up with a brilliant floor plan. Patrons will be thrown for a curve if they try to figure out where they are while traversing their way through endless corners, changes in direction and confusing imagery.

The haunt has a wide variety of monstrosities including some traditional haunters roaming about and plenty of original scare tactics and themes. The patrons will be prebriefed prior to entering the haunt on safety issues and words of advice for making their journey through the haunt as safe and as fun as possible.

The House of Nightmares is located in base housing at 836 Marshall Street. There will be signs that will point "the haunted" in the right direction. About the only thing not scary about the House of Nightmares is the price of admission; a \$3 donation or a plastic bag donation of Thanksgiving-themed non-perishable unopened food















# **Enlisted AF Cross recipients**

By Capt. Tony Wickman Alaskan Command Public Affairs

#### **ACROSS**

- 1. Staff
- Fed. housing org.
- 7. 1992 Literature Nobel Prize win-
- ner Walcott
- Appendages
- 11. Conundrum
- 13. Elastic
- 15. Pol. party
- \_ \_ second; soon
- 17. Prone to doing
- 18. Radiant
- 19. Lyrical poem
- 20. Writing errors
- 22. Ain't shame
- 23. Cell material
- 25. Bro's sib
- 26. Burn residue
- 27. Small harpsichord
- 30. Plate
- 32. Appeal to higher power
- 33. Askew
- 34. AF Cross recipient Staff Sgt.
- Eugene L.
- 35. AF Cross recipient Sgt.
- Theodore R.
- 37. Demure
- 38. Actor Mineo
- 39. Primary color
- 41. Cry of discovery
- 42. Executes
- 44. Lout
- 46. Bad review
- 47. Smack 48. Santa's helper
- 50. Even
- 51. To go beyond; exceed
- 53. Ship part
- 55. Entity
- 56. American politician Goldwater

- 21 29 40 45
  - 58. Affirmative
- **DOWN**
- 1. Resumes
- 2. Sphere
- 3. Sandwich shop
- 4. Grasped hand

- 5. Start of British ships
- 6. Eradicate
- 7. 1995 Stallone flick Judge
- 8. AF Cross recipient Sgt. Nacey \_\_\_\_
- 10. AF Cross recipient Tech. Sgt.

Oct. 14 answers 11. Expert

- 12. AF Cross recipient Sgt. Larry W. \_
- 13. SE Asia country
- 14. Greek letter
- 21. Hole
- 24. Utilize
- 26. Bustling
- 28. A Gershwin 29. Negative vote
- 30. Faint
- 31. Sick
- 33. AF Cross recipient A1C Joel E. \_\_
- 34. Person humming
- 35. Shallow
- 36. Invigorating drinks
- 37. AF Cross recipient Staff Sgt. Charles L.
- 38. To be situated or located
- 40. Grocery section
- 41. Overseas mil. address
- 42. AF Cross recipient A1C Charles D.
- 43. Billet
- 45. Opponent to 15 ACROSS
- 47. AF Cross recipient Sgt. Russell M.
- 49. Brawl
- \_\_ Grande
- 54. Rapping "Dr."

# Protect yourself from sports-related trauma

By Capt. Susan Hogge

509th Medical Group

Sports-related dental emergencies are strongly associated with trauma to the head and neck. Mouthguards can prevent most sports-related dental injuries when fit and worn properly.

Without adequate protection, trauma to the mouth and jaws can result in broken or missing teeth, jaw fracture, or brain dam-

Mounthguards work by absorbing some of the force directed at the teeth and jaws. This can prevent teeth from breaking and being knocked out of the socket, and could protect the jaw bones from fracturing.

Mouthguards can also help to prevent a concussion, which is brain damage caused by excessive force being transmitted through the skull to the brain.

Dental injuries are the most common type of facial injury during sports. Athletes are sixty times more likely to receive tooth damage if not wearing a mouthguard.

Each new season, there is a ten percent chance that an athlete will experience orofacial injury during contact sports, and a thirty-three to fifty-six percent lifetime chance of any injury to the teeth and face.

Everyone playing a contact sport should wear a mouthguard, and those participating in other sports should consider it; accidents can happen anywhere The most important feature of any

mouthguard is that it has a good fit and

covers all the teeth from the front to the

There are three main types available: stock, boil & bite, and custom made. Both the stock and boil and bite mouthguards can be picked up at most sporting goods

stores, and range from \$1-\$5 dollars. The stock variety is used "as is" and has limited sizes, poor retention, is the least expensive and is the least protective.

The boil and bite mouthguard is the most common, and is made by immersing it in boiling water and forming to the user's mouth. It generally fits better than the stock mouthguard, but disadvantages include large size, limited sizes, and that it can be incorrectly fitted by the user.

The custom mouthguard can only be

obtained from your dentist. The dentist makes a mold of the upper and lower teeth, then uses heat and pressure to fabricate a mouthguard that makes proper contact with all of the teeth and surrounding gum tissue. Though this is the most expensive and technically difficult to fabricate, it provides the most protection from dental-related injuries because of the tight fit and controlled thickness of the material.

The main disadvantages include the cost, and that young children will quickly outgrow this appliance.

Accidents can happen anywhere, but the most common are sports-related injuries to the head, neck and face so be prepared.

All varieties of mouthguards provide some a degree of protection from trauma to the teeth, jaws, and brain, and should be worn when participating in contact

Exercise personal judgement when you're involved in other sports that could result in injury, because you can never "B2 safe."

### **Fast Facts**

Here are some reasons to protect yourself from sports related injuries:

- One-third of all trauma to the head and neck is attributed to sports.
- Sports related injuries are three times more common than violence or traffic accidents, and six times more common than workrelated accidents.
- The following sports are more likely to cause facial trauma:
- ♦ Básketball
- Skiing
- Bicycling
- Soccer
- ♦ Football
- ♦ Ice hockey La crosse
- Field hockey
- Boxing
- \* Baseball and softball.



Services Page editor..... 509th Services Squadron..... ...687-7929 \*No federal endorsement of mentioned sponsors intended.



### Sports & Recreation

**Outdoor Recreation** 687-5565

### Orienteering class

Brush up on your map reading skills with a free outdoor recreation class. The class covers compass reading, map symbol identification and measuring heights using contours. Participants will then up theory into practice with a trip to Knob Noster state park. The class takes place 9 a.m.-noon. Oct. 29. sign up at outdoor recreation by Tuesday.

### Squadron wall climbing competition

Squadrons looking for an indoor fitness activity should sign up for the annual wall climbing competition. Any active duty, reservist, DoD civilian and retiree working on a squadron is eligible to be part of their squadron's team. Teams should register at outdoor recreation, and get climbing. The aim is to record the highest number of climbs with prizes going to any individuals who achieve the mile high standard as well as the best teams. There is no limit to the number of individuals in a squadron's team. The cost is \$5 per participant. All climbers must be certified at an outdoor recreation class. Contact outdoor recreation for more details or to arrange a team certification class.

### **Fitness Center** 687-5496

### Yoga class

Yoga is a great way to relax, strengthen and unwind mind and body. There is a free class at 6:10 p.m. every Tuesday at the fitness center.

### Information and Tickets 687-5565

### **Entertainment coupon books**

Coupon books for Kansas City and Branson, Mo.are now available from tickets and travel. Stop by their new location in the outdoor recreation facility.

### Food & Fun

Mission's End 687-4422

### Royal Oaks

### Football frenzy

Football fans can watch all weekend at Mission's End. ESPN College football and NFL Sunday ticket matches are shown 11 a.m.-6 p.m. every Saturday and Sunday.

### Steaknight

Every Friday and Saturday 5 p.m.-8 p.m., the Royal Oaks club house becomes a steak house with a great atmosphere, delicious chicken and the best steak around!

#### Movie Schedule

### Friday and Saturday at 7 p.m. The Transporter 2 PG-13 Starring Jason Statham and Alessandro Gassmann

Movies subject to change due to availability. For current and future movie listings log on to http://www.aafes.com/ems/conus/whiteman.htm.

Sunday at 5 p.m. PG-13 The Man

Starring Samuel L. Jackson and Eugene Levy

Adults: \$3.50 Children: \$1.75 Movie Recording Line: 687-5110

### **Community Activities**

### **Arts and Crafts Center** 687-5691

### Scrapbooking sale

Drop into the arts and crafts center and check out the new decorative paper and albums. There is 25 percent off all scrapbooking items during October.

### Airman pumpkin carving

Airmen First Class and below, can enter their pumpkin creations in the arts and crafts center's free Halloween competition. Judging will take place at 4 p.m. Oct. 28, carved pumpkins must be picked up by 5 p.m. Friday. Prizes awarded to the winners.

### **Child Development Center** 687-5588

### Drop in care

The child development center can provide drop-in child care for all ages on a space available basis for \$3 per hour.

### Child care and program places

The Tuesday and Thursday morning developmental enrichment pre-school program has openings for 3- to 5year-olds. There are also several openings for full-time care for 3-5 year olds. Contact the child development center for more details.

### **Teen Center** 687-5819

### Tailgate party

The teen center is going tailgating at Knob Noster high school in support of the football team 6-10 p.m. tonight. There will be transportation for the first 13 teens to sign up.

### Friday night flicks

The theme for this month's flicks is science fiction so kick back, relax, grab the popcorn and enjoy a movie on the big screen. The film starts at 6 p.m. Oct. 28 at the teen center. The cost is \$1.

### **Youth Center** 687-5586

### Pre-teen sports night

Games and activities for children ages 10-12. The fun starts at 6 p.m. Saturday in the youth center. Athletic shoes must be worn. The cost is \$3 for members and \$4 for nonmembers.

### Halloween carnival

The youth center has planned a spooky kids' night out for Oct. 28. Children ages 6-9 should come dressed in their scariest best for an old fashioned halloween carnival complete with games such as duck pond, bean bag

toss, basketball shoot, fortune teller and fishing pond. Toys and candy for everyone and prizes for Bingo winners. The event starts at 6:30 p.m. The cost is \$8 for members and \$10 for nonmembers. Sign up from Mon-

### **Community Center** 687-5617

### Whiteman Idol

Start practicing for a moment of stardom in Whiteman Idol. Everyone is invited to show off what makes them special, whether it is singing, dancing, a comedy routine or magic tricks. The show starts at 6 p.m. Nov. 4 at the community center. First prize is a digital camera supplied by Warrensburg Wal-Mart.\* Sign up by Nov. 1.

### Family Child Care 687-1180

### Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly ill children. The Air Force is now offering a subsidy for providers who are willing to meet these critical needs. Providers who hold a standard license are subsidized \$125 a week per qualifying child. Providers with chronic health problems are accepted.

### Family child care orientation class

Receive training to become a family child care provider 8 a.m.-4 p.m. Nov. 14-18. Providers with chronic health problems are accepted. Pick up a registration package from the family child care office by Nov. 10.

### **Library** 687-6217

### Learn a language

Learn European languages, Arabic, Chinese, Japanese or Korean with the help of library resources. Books, audio CDs and cassettes are all available for loan or try out the online learning resource, Rosetta stone online. Call the library for more information.

### Best sellers every month

The library receives new titles monthly in fiction and nonfiction including the children's collections. Sign up for the monthly library newsletter or visit the library website to see what's new at www.whitemanafblibrary. org/bs.html. Log on to the website and view your account online to renew loans or place holds on items that are currently checked out.

### **Veterinary Clinic** 687-2667

### Halloween pet safety

Halloween can be a hairy experience for pets. The following are safety tips to protect your pet during the season of goblins and ghouls.

- Don't dress pets in costumes unless they love it. It can put a lot of stress on an animal.
- If pets are dressed up make sure the costume isn't constricting, annoying, unsafe or obstructs vision.



# SPIRIT TIMES

Whiteman Air Force Base, Mo.

### FREE Classified Advertising in the Spirit Times READ ALL RULES BEFORE PLACING AN AD

- I. Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- 2. Ads of a commercial nature such as baby-silting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, Mastercard, cash, personal check or money order.
- 3. Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Items must be sold for \$150 or less.
- 4. Only one free ad\*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. \*People who are PCSing may place more than one ad and sell the items at any price.

- 5. Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- 6. Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- 7. Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 509th Spirit Blvd, Ste 111, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- 8. Many offices on base are using old forms\*\*. If you would like a copy of the new ad form to keep in your office, call 687-6133 and we'll fax a new form for your use. Or, you can download it at http://www.whiteman.af.mil/news/index.shtml and click on "Spirit Times Free Classified Ad Form."
- **9.** Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- **10.** Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- 11. The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- 12. Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciat-

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Just North of the WAFB

Knob Noster Gate

Apartments For Rent 207

Areas Newest

Apartments!

Oak Ridge Heights

Luxury Apartments

Very spacious 1100 sq. ft.

2 BR, 1 1/2 bath, eat-in

kitchen, custom oak

cabinets throughout, large

decks. All appliances fur-

nished including washer/

dryer & microwave.

Super Nice West Location

See the quality of our

apartments and compare. 2430 Stacey Lane

660-826-6487 / 460-1234

90

### **Public Notices**

B & L AIRPORT SHUTTLE & Courier Service: To & from Kansas City Airport & others & Katy Trail! 24 hour service. Call 660-221-4406.

Services Offered

KEATON'S REFINISHING Antique and furniture refinishing. We repair all types of furniture damage. Insurance estimates given. In business since 1986. 660-584-2323

**MITCHELL LAWN MAINTENANCE** Most Base Lawns \$20

Call 660-287-4088 Dependable Quality Lawn Care!

PCSING? MOVING? "Stress free" final inspections guaranteed. Covering all areas inside and outside for over 9 years. We only need one day, some short notices possible. All millitary ID holders, no vouching needed! For estimate 660-233-3327, 660-563-3327, 660-563-2920 or 660-909-8392

90 Help Wanted

Babysitting Services

LOVING CHRISTIAN MOM has immediate openings for ages 2 and up. State licensed, 13 years experience & references available. 1/2 mile to Whiteman, Call 660-563-3475

Help Wanted

**Experienced Auto** Technician Wanted:

Fast growing GM franchised service department needs a well motivated individual with a good driving record and their own tools, ready to work.

See Jim Reynolds at Jim Falk Motors, 1201 N. Second St., PO Box 249. Clinton, MO 64735. 660-885-2277

Your Ad Could Be Here

Help Wanted

81 Help Wanted

90

Business Opportunity SPIRIT

**DELIVERY** PERSON NEEDED

We need someone to deliver the Spirit Times to residents in Base Living. Work only Friday mornings for a short period of time.

Call Brandon at 1-800-892-7856

Food Service

Management **Opportunity** 

Looking to hire highly motivated, energetic individual for supervisor position. Apply at KFC in Sedalia, mornings Monday-Friday 8am-10am.

Help Wanted

90

DAY-TIME SERVERS/ **BARTENDERS** Mature adults encouraged to apply in person at Fitter's Sports Bar, 131 W. Pine, Warrensburg

OPPORTUNITY IS RINGING A BELL! No late nights, no weekends no holidays & summers optional! Taco Bell is currently hiring crew members for lunch shifts 10 am - 3 pm Monday-Friday & evening shifts from 3 pm-7 pm. Monday - Thursday. Apply in person at the Central Missour State University Food Court in the Student Union Building or call Anna at 543-8375 to arrange an interview

PEOPLE WHO READ NEWSPAPERS ARE

BETTER **WRITERS AND SPEAKERS** 

It all starts with Newspapers

Help Wanted

90

**WEEKENDS ONLY BARBER** SHOP: Barber/Costmetology license from any state. Saturday 9-5:30. Sunday 11-4:30. Quick cash. Call 660-563-3882

Instructional

111

### **Adult Health Care Classes Forming NOW!**

- Certified Nursing Assistant ~ Nov. 2nd
- Certified Medication Technician ~ Nov. 3rd
- Restorative Aide CPR • Certified Medication
- Aide • Insulin Administration
  - IV Certification Apply now for classes

**Questions or for** applications -**Call Stephanie** 660 - 624 - 1910

Misc. For Sale

New mattress sets: Twin \$89.95, full \$99.95, queen \$139.95, king \$199.95 queen pillow top \$199.99: 3 piece liv-

TAN ARM CHAIR, couch and chair . 1642 or visit

http://shop.whitemancommunity.com

ing room set- \$499. **Dutch Kountry Market**, 660-563-2941 10340 50 Hwy

set; futon; dual recliner couch; computer desk & chair; entertainment center; coffee table; 20-gallon air compressor; outdoor table & chairs; vacuum: ladder: dresser: bar stools: microwave; 2 bookshelves; laser printer. Call for prices. (660) 238Apartments

- All Kitchen Appliances
   Dishwashers
- Water/Sewer/Trash Paid; All Electric

660-747-6061

**DELLWOOD** Apartments

Apartments For Rent 207

AVAILABLE, 2 & 3 BEDROOM

apartments in Knob Noster & War-

rensburg, washer/dryer hookups. To see call Home Rentals 660-747-6969

EXTRA NICE 3 BB 2 1/2 bath

Apartments in Warrensburg, stove,

refrigerator, microwave. Easy access

FIRST MONTH

3 RR 1 Rath

All Electric

All Appliances Including

Washer/ Dryer or Hookup

\$450-\$475

831 & 833 Prairie Hill Dr.

Warrensburg

660-909-3042

**DEERBROOK** 

APARTMENTS

1 & 2 Bedrooms

• Laundry • Pool

2 miles from WAFB

563-3518

to Base. No pets. Call 660-909-6150

2 Blocks to Camp

Large, Comfortable Rooms

 Many have Two Balconies Large Eat-in Kitchen in 2 Bedrooms

• Ceiling Fans • Central A/C • Pool 660-429-6366

Easy Access to W.A.F.B.

To place a classified ad, call one of our ad visors today at 826-1001.

# **BROOKSIDE**

pacious, Luxurious 1 & 2 Bedrooms

Fireplace • Pool • Balcony

Ceiling Fans • Central A/C

612 S. Main #7 Warrensburg, MO 64093

514 Anderson #D Warrensburg, MO 64093

Clinton, MO 64735. For more information contact the Clinton Area Chamber of Commerce at 660-885-8166

**EXECUTIVE DIRECTOR** 

Clinton Convention & Visitors Bureau

The Clinton Tourism Association is seeking candidates to

fill a new position in support of the marketing and promo-

tion of the Clinton Area. The successful candidate will have

experience in managing projects related to marketing and

sales strategies, hospitality services, office operations, grant

A full job description is available at the

Chamber of Commerce.

Please submit your resume with salary requirement to:

CTA • 200 South Main Street

writing, and be a strong communicator.

90

### **POSITIONS AVAILABLE:**

STAFF R.N. ASSISTANT DIRECTOR OF NURSES NA / CNA

\* Excellent Competitive Benefits Package \*

**Lutheran Good Shepard Home Lutheran Nursing Home** A Mulit-Level, Not-For-Profit, Long-Term Care Facility 202 S. West St., Concordia, MO 64020 660-463-2267

E.O.E. / Random Drug Testing

# avid Malmo Mitsu

# **Announces it's annual Military Appreciation** Days Sale Starting Friday, Oct. 21st

**During this special event special Military Discounts will** be available on all pre-owned and new vehicles in stock. These special prices are available for all active duty military, dependents of active duty military as well as reserve military personnel. Bring your military ID and/or your orders to David Malmo Mitsubishi to take advantage of the special prices.

"Pride, Discipline and **Integrity - The United** States Military!"



**Graphite Gray** 

MSRP \$16,074
Rebates and Incentive
\$1,000
Owner loyalty \$500\*
Military Discount \$500

of the US

Military!"

Special Military

Economical and reliable 4 door Lancer with Auto, A/C, ower windows, locks, AM/FM CD player and much more!!!

**Appreciation Days Sale Price** \$14,074.00 with discounts and loyalty.

"America Thanks You!"



2006 Eclipse G

\$18,994.00 with discounts and loyalty.

2006 Galant ES

Titanium Pearl

MSRP \$21,294
Rebates and Incentive \$1,000
Owner loyalty \$500\*
Military Discount \$800

Special Military

Premium Sport Package MSRP \$28,914 Owner loyalty \$500\* Military Discount \$750

Special Military

Appreciation Days Sale Price

"Thank You To The Men and Women eciation Days Sale Price

\$27,664.00 with discounts and loyalty

### 2006 Galant

Platinum

MSRP \$27,594
Rebates and Incentive \$1,000
Owner loyalty \$500\*
Military Discount \$1,100

**Special Military** Appreciation Days Sale Price \$24,994.00 with discounts and loyalty.

Everything you love about the Galant with power and luxury!

3.8 liter V-6 produces 230 HP and 250 lbs/ft of torque for eye popping performance. Leather seating with heated front seats, power glass sunroof, 270 watt Infinitiye 6 disc CD audio system, ower glass sunroof, 270 watt Infinitiye for CD audio system, ower grounds available to owners or lesses of Mittability which constitutions and sealed for details



# We Enjoy The Best Quality of Life in the World Thanks to the Sacrifices of Our Military Men and Women and Their Families!

# **Battery Check**

**Check Connections, Cranking Power** 

With This Coupon (Most cars and light duty trucks) Coupon valid through 11/20/05 Cannot be combined with another offer.

# Oil, Lube & Filter

Up To 5 Quarts of Oil

(Most cars and light duty trucks) Coupon valid through 11/20/05. Cannot be combined with another offer.

Our service department is also getting in on the Military **Appreciation Days Sale with** weekly specials from now through Veteran's Day, November 11th - check our ad each week or call us toll free at (888)499-CARS (2277).

2901 **5.** Hwy 65 • Sedalia • 888-499-CAR5(2277) or 827-CAR5(2277)